

Spirit Filling, part 6
The Fruit from the Spirit

- I.** The filling ministry of the Holy Spirit (Eph. 5:18).
 - 1. “You be filled”, human responsibility.
 - 2. Passive voice, the Holy Spirit does the filling.
 - 3. The carnal Christian cannot be filled (Heb. 12:11); one reason is God’s holiness (1 Pet. 1:14-16).
 - 4. Christians must be ceremonially clean to be filled (1 Jn. 1:9).
- II.** The Holy Spirit comforts by offering alternatives to uncontrolled emotions.
 - 1. The soul is the seat of emotion (Mt. 26:38).
 - 2. The soul is where the sin nature’s lusts attack (1 Pet. 2:11).
 - 3. The study of the Christian life in Scripture is a pursuit to learn to control our souls (Heb. 13:7, 17).
 - 4. The facet of peace regulates our emotions (Col. 3:15).
- III.** The facets of the Fruit from the Spirit that comfort (Gal. 5:22-23).
 - 1. **Joy**—*the mental willingness to accept and appreciate any circumstance, without resentment or frustration.*
 - 2. **Peace**—*an unruffled mind, an inner overriding tranquility of rationale, not an emotion.*
 - 3. **Longsuffering**—*an enabling to focus on the spiritual goal, to the extent that nothing, or nobody can distract from the intended objective (Jam. 5:7-8).*
 - 4. **Goodness**—*a quality of the mind and heart to have an inner satisfaction in living a Christian lifestyle which is manifest in a happy demeanor*
 - 5. **Meekness**—*an objectivity of mind, a tameness of spirit that is not swayed by circumstance, social pressures, or emotion.*
- IV.** Self-control (KJV temperance)—*an ability to keep one’s body in subjection so that the body’s needs and appetites do not interfere with one’s Christian life.*
 - 1. Paul’s metaphor of running a race, picturing Christians’ quest for service to God (1 Cor. 9:22-27).
 - 1) In this race we are running against ourselves.
 - 2) All run but only one wins and gets the prize.
 - 3) We are to run to win.

- 4) It takes discipline of the body to be successful.
- 5) Discipline is required in training and running.
- 2. The Christian life is like going to a gymnasium of the mind (1 Tim. 4:7-8; Heb. 5:14; 12:11).
- 3. The bishop/pastor is required to demonstrate bodily control (Tit. 1:7-9).